

2015 Annual Report











Mission Statement

The mission of the Fitchburg Senior Center is to meet the diverse needs of the age 50 and over adult population. This is accomplished by providing a range of programs and meaningful volunteer opportunities that will enrich quality of life, and by offering services and advocacy that will maintain and/or enhance independence.

Staff

Jill McHone, Director

David Hill, Assistant Director

Mandi Miller, Volunteer Program & Nutrition Site Manager

Amy Jordan, Social Worker

Sarah Folkers, Social Worker

Susan Hoerchner, Office Assistant

40 hours

2015/2016 Fitchburg Senior Center Friends

Mary Cochems - Chairperson
Bob Davis - Vice Chairperson
Robert Hillner - Treasurer
Sue Sheets - Secretary
Peter Eaton
Craig Davis
Judy Breunig
Judy Broad
JoAnn Danielsen
Mary DeVaal
Judy Christie

Sherry Klinkner Tom Swant Lee Ihlenfeldt

Commission on Aging

Carol Poole—Adlerman Ruth Domack Ada Deer Dick Rydecki Sue Sheets Jim Sosnouski Anne Scott

Looking Back. Looking Ahead!

Connecting is what comes to mind when reflecting on 2015.

Connecting with Members—The Senior Center experienced a large growth in contributions, totaling approximately \$25,000 from memorial funds, Energy Task Force donations, Dementia Friendly Fitchburg and Fitchburg Senior Center Friends. (see page 5 for how some of these donations were used).

Connecting with Community—We have grown our partnerships with businesses in the community for both program opportunities and sponsorships. A few examples include Fitchburg Cycles, Hometown Pharmacy, Sprint Print, The Waterford, Comfort Keepers and Avalon Senior Living.

Connecting with Each Other—The Senior Center provides a warm and welcoming environment to all. Whether it be to stop in for a cup of coffee, read the newspaper, attend a program, volunteer, or seek assistance from a staff member, the Senior Center is a focal point for many social connections.

Our goals for 2016 include; Implementing the Aging Mastery Program (funded by a grant); Growing the Energy/Technology Task Force Team; Training no less than six new businesses to become Dementia Friendly; Increasing our Case Management outreach efforts; and Offering evening programs. We also hope to begin a five and ten year strategic plan that will lay out our vision for serving the increasing adult population in our community.

Jill McHone, Director

2015 Programs Report

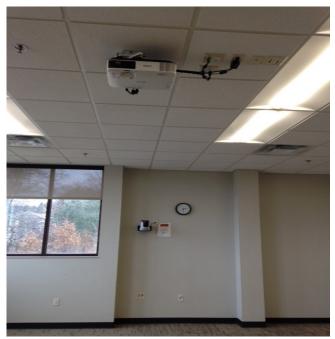
2015 was an amazing year for Fitchburg Senior Center programs. Doors are open at 8:00 a.m. Monday through Friday and participants fill the building shortly thereafter! The focus each year is to deliver top-notch programming, which includes staff assistance, instructors and guest speakers. In addition to that, we rely on word-of-mouth satisfaction for our participants, and it's working! Exercise programs rank consistently high year in and year out.

Listed below are the top-attended programs at the Fitchburg Senior Center. New and exciting programs are already set in motion for 2016!

Top programs in 2015

- Aerobics, Functional Fitness & Pickleball
 - Senior Center Tech Programs
 - Lecture Series
 - Dementia Friendly Fitchburg
- Energy Task Force Program / Technology Task Force Program

2015 CIP Projects





AV Upgrades

- Projector installed in Prairie View Room
- Wall plates, speakers and pull down screens added in three meeting rooms.





Oak Hall Improvements

 Replaced wall acoustic panels and installed ceiling panels



Improvements & Purchases Paid for by Donations to the Senior Center

Dick Carman Memorial Fund

- 125 Volunteer Hats & Aprons
- 150 Reusable Home Delivered Meal Trays 100 Coffee Cups





Weights, Exercise Balls, Exercise Brochures



Fitchburg Senior Center Friends

Bench Seating across from Oak Hall Room



Volunteer Program Report:

The City of Fitchburg continues to benefit from the dedication of approximately 175 volunteers. These volunteers make it possible for the Senior Center to offer a variety of life-sustaining services for seniors as well as a multiple programs and activities that are volunteer directed. If we didn't have the volunteers that we do, the city would have to hire approximately six full-time employees with benefits to maintain the current level of service for the Fitchburg senior community. With our growing population of seniors who have skill sets, we are looking forward to how to better manage and contain this large group.



In 2015, our volunteers performed 11,265 hours of service in the community.

Dementia Friendly Fitchburg Report:

Resolution passed, Fitchburg becomes a Dementia Friendly Community.

- Two training sessions for City of Fitchburg employees.
- Put up a bulletin board about the initiative at the Community Center and City Hall.
- Trained Fitchburg Fire Department and EMS.
- Hosted a booth at the Fitchburg Business Expo.
- Fitchburg Star featured Dementia Friendly Fitchburg.
- Held our "Still Alice" Kickoff Event. It was a huge success with close to 80 people in attendance!
- Trained Hometown Pharmacy. They became the 1st Dementia Friendly Business in Fitchburg.







Dementia Friendly Fitchburg Report continued:

- Proclamation made that June is Alzheimer's and Dementia Awareness month.
- Dementia Friendly Fitchburg presentations to the Men's Group & Active Women's Group
- Trained the Fitchburg Police staff at four different sessions in collaboration with Silver Alert and the Alzheimer's Association
- Trained Gold's Gym staff, Gold's becomes the 2nd Dementia Friendly Fitchburg business.
- Dance for Dementia Fundraiser held at Gold's Gym to raise awareness and funds.
- Dementia Friendly Fitchburg Walk team raised over \$600 for the Alzheimer's Association and hosted a booth at the event.
- Oak Bank staff is trained and the bank becomes the 1st Dementia Friendly Fitchburg bank.
- Dementia Friendly Fitchburg made "Honorable Mentions" in the Fitchburg Star











Senior Nutrition Program Report:

- Our Nutrition Site served over 1,000 MORE meals in 2015 due to the increase in food insecurity in our senior population.
- 560 of those extra meals served were to congregate clients who visited our Senior Center, and just over 480 of the meals were delivered to our homebound clients.
- Awarded Grants! Our program was awarded two grants in 2015. One grant was to start a new program called Sharing Sundays. This is a catered meal served on a Sunday. We are able to serve six different times with 20 people at each event. The second grant was awarded for our initiatives and education about March meals on wheels month. The money from that grant was used to purchase new re-usable trays.
- We have 57 volunteers who help maintain the Senior Nutrition Program. This
 includes kitchen assistants who pack up meals and serve meals on-site to clients'
 and meals-on-wheels drivers who deliver meals to three different routes, five days
 per week.
- The nutrition program continues to be "green" by using re-usable containers for the hot portion of our meals. (See photo of tray below.)
- In addition to meals, our nutrition site offers a monthly lecture in partnership with UW Extension. Topics include: food safety, alternatives to unhealthy foods, and staying well.

2015

Congregate Meals: 4,937 Home-Delivered Meals: 7,388 **Total: 12,325 meals served**







Participants planting the garden.

2015 Social Work Program Report

Social Work services include two types of contacts: Case Management (CM), and Information & Assistance (I & A). CM services are provided to seniors who need ongoing monitoring and services for an indefinite period of time in order to remain independent in their homes. I & A services are provided to seniors who are in need of one-time or sporadic information and/or assistance, and who are able to remain independent without the ongoing monitoring of a Social Worker.

In 2015 the following units of service (1 unit = 15 minutes) were provided by the Senior Center Social Workers:

CM – 6,340 units of service (289 unduplicated clients)
I & A – 2,739 units of service (379 unduplicated clients)
Medical Assistance – 1,095 units of service (26 unduplicated clients)

In 2015, about 15% of the Social Workers' time was again spent on community collaboration. As in past years, an emphasis was placed on the Dane County No Falls Task Force, Dane County Caregiver Alliance, Dane County Care Transitions Coalition, and the Dane County Aging Focal Points Coalition. Each group meets on a monthly basis, and hosts events to publicize their specific efforts at bettering the community. The Social Work program saw an increase in the under-60 population, as well as an increase in individuals with low incomes and mental health concerns. Social Workers are continuing to receive calls throughout the year from individuals who are seeking assistance with signing up for Medicare. Each year between October 15 and December 7, the Social Workers are helping many Medicare beneficiaries to either enroll in or change their prescription drug coverage, which can often save them hundreds of dollars. We are again looking forward to another busy year helping Fitchburg's aging population to remain healthy and independent in our community!

2015 Energy Task Force Program Report

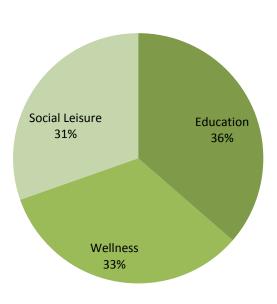
The Energy Task Force is now in its second year. With over 60 seniors benefiting from pipe sleeve insulators, furnace filter replacements, and our U.W. Morgridge Foundation student volunteers moving and cleaning refrigerator coils, the program is one-of-a-kind and has proven itself. In partnership with volunteers. Project Home, MC&F, and Home Depot, the sky is

self! In partnership with volunteers, Project Home, MG&E and Home Depot, the sky is the limit on the lives we can reach. The focus of the Energy Task Force is to keep seniors aware of saving energy and keeping money in the bank, while helping the environment. To date, the program has collected over \$300 in donations which go directly back into the program to help offset the cost of materials for those who can't afford

them. We look forward to a great 2016!

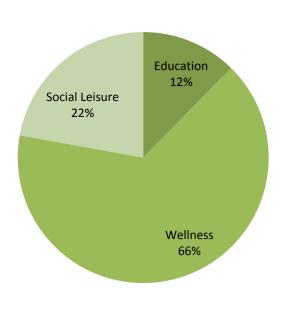
Education	661
Wellness	604
Social Leisure	552





Education	2205
Wellness	11687
Social Leisure	3956





Shopping	138
Nutrition	1798
RSVP	1087

